



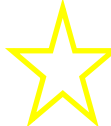
Youth Cross Country 2015 Course Guide

Meet Schedule:

- 10/10, Civic Center Park, 603 Edmonston Dr.
- 10/17, Woodley Gardens Park, 900 Nelson St.
- 10/24, Dogwood Park, 800 Monroe St.
- 10/31, Civic Center Park, 603 Edmonston Dr.
- 11/7, Dogwood Park, 800 Monroe St.

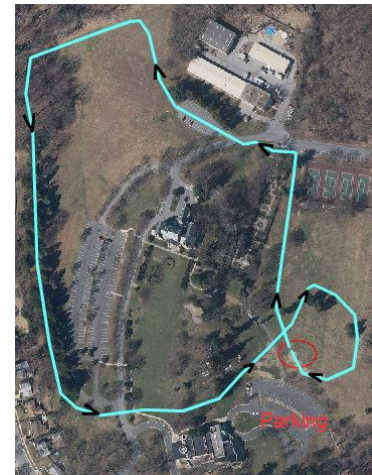
Key:

 = Start / Finish

 = Course Steward
Location

2015 Courses:

1. **Civic Center** Park, 603 Edmonston Dr., Meets on 10/03, and 10/31. Course redesigned for Fall 2015 season. Highlight of course: new circuit this year, the most challenging component is the hill decline known as '*Sledding Hill*'. Maps of course are on page 4-6.
2. **Dogwood** Park, 800 Monroe St., Meets on 10/10, and 10/24. Course was designed and added in 2014. Highlight of course: this was the fastest course in 2014, the toughest part is '*Goat Hill*' which is the toughest climb out of all courses and comes just before the end of the course. Maps of course are on page 7-9.
3. **Woodley Gardens** Park, 900 Nelson St., Meet on 10/17. Course was redesigned for the 2014 season. This was the longest course in the 2014 season. The highlight is the component known as '*River Run*' which challenges participants with running over fast changing terrains and obstacles. Maps of courses are on pages 10-12.



The Cross Country Team:

Coaches Information:

Fleming, Mike – Team Pacific

Jendzurski, John – Team Thunderbolts

Sonner, Ken – Team Harriers

Practice Information:

All teams will conduct practices at Rockville Civic Center, 603 Edmonston Dr. Practices will be 1 hour each week starting the week commencing 9/21/2015.

Tentative Team Practice Schedule:

Harriers: Tuesdays (starting 9/22) at 5:30pm

Pacific: Wednesdays (starting 9/23) at 5:00pm

Thunderbolts: Tuesday (starting 9/22) at 6:00pm

Please note that practice location can change week to week

Program Coordinator:

Duncan Mullis, 240-314-8652, dmullis@rockvillemd.gov

www.rockvillemd.gov/recreation/sports

www.facebook.com/Rockville.Sports.Leagues



Civic Center Course

Meets on:
10/10 and 10/31

Lil' Rabbits Route
(1st - 3rd Grade)
Distance: 0.75 miles

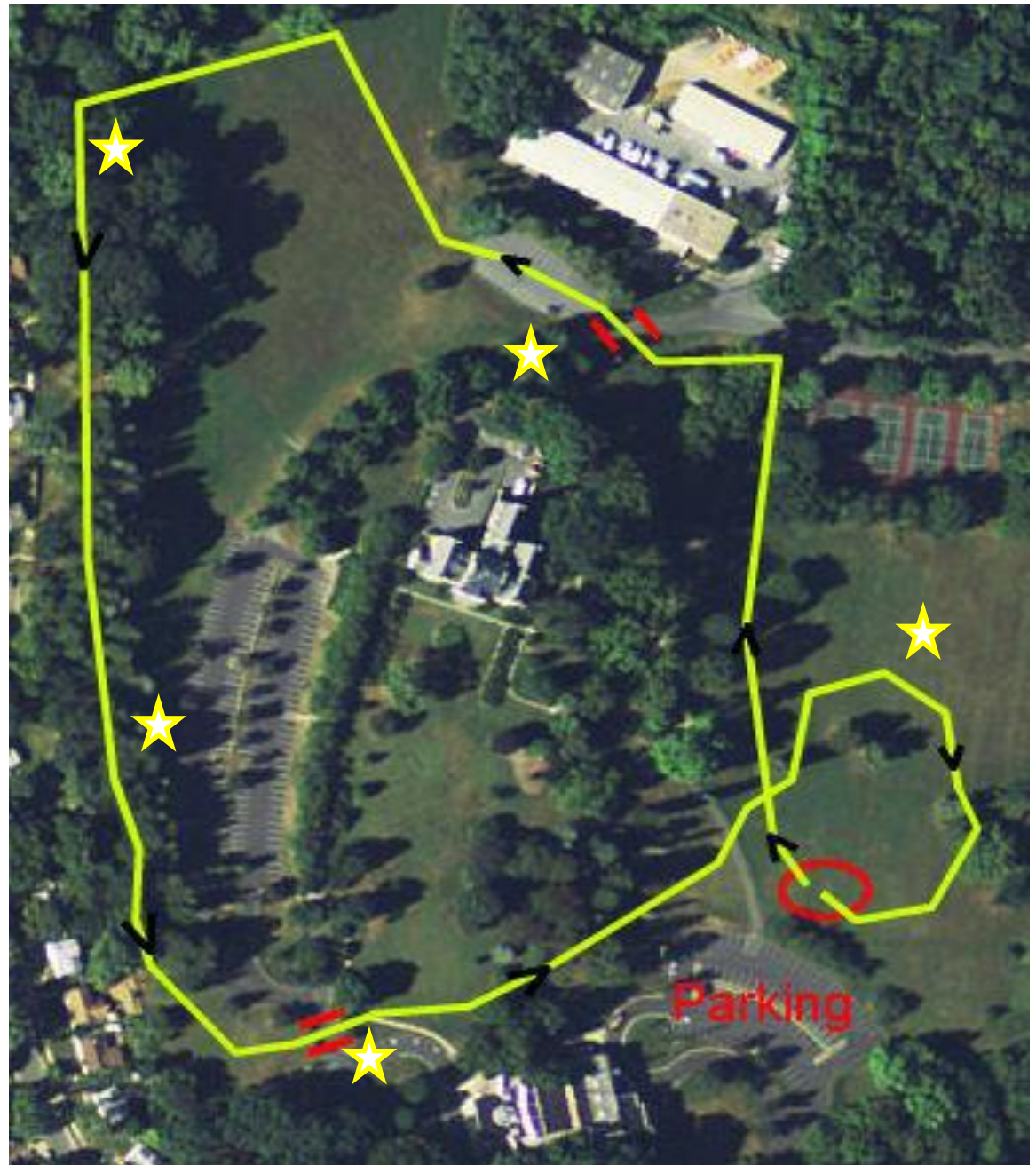


Record Breakers:

New course for 2015



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Civic Center Course

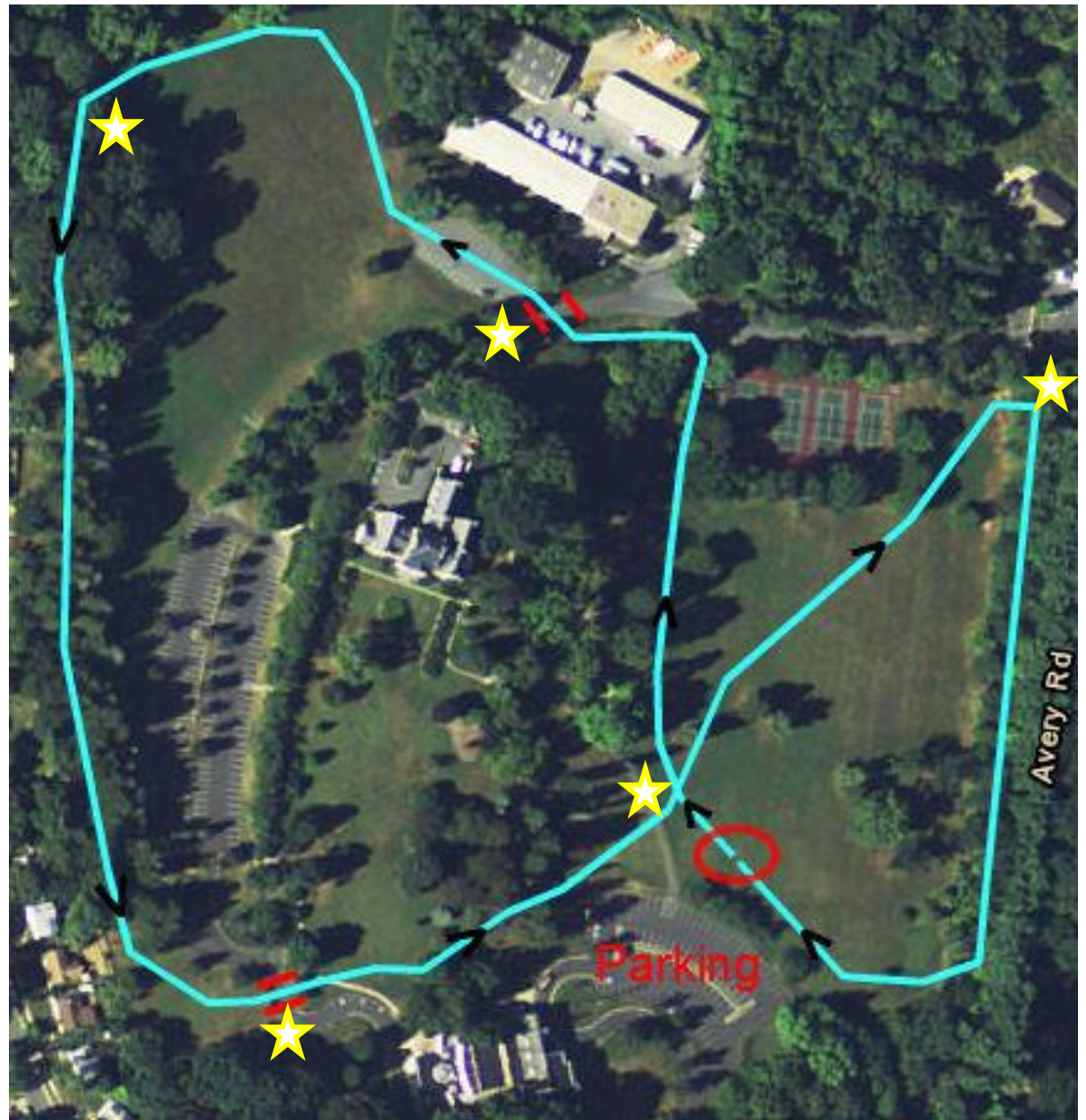
Meets on:
10/10 and 10/31

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 mile



Record Breakers:

New course for 2015



Civic Center Course

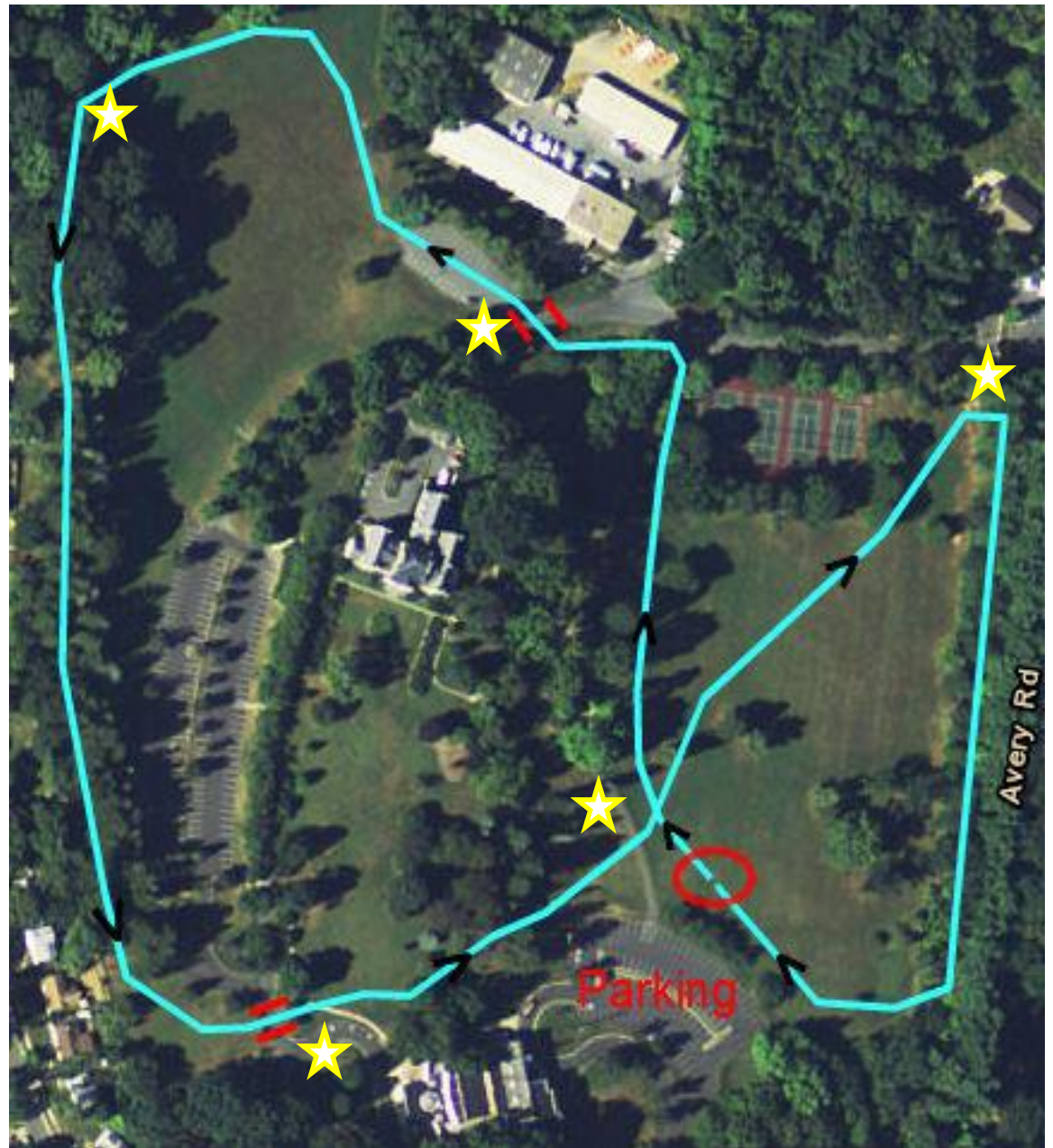
Meets on:
10/10 and 10/31

Rapid Runners Route – 2
laps
(7th – 8th Grade)
Distance: 2 miles



Record Breakers:

New course for 2015



Dogwood Park Course

Meets on:
10/24 and 11/7

Lil' Rabbits Route (1st – 3rd
Grade);

Distance: 0.75 miles



Record Breakers:

Jason Parks (m) 4:50 - 2014

Elena Sunder (f) 5:20 - 2014



Dogwood Park Course

Meets on:
10/24 and 11/7

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 miles



Record Breakers:

Garret Suhr (m) 5:39 -2013
Elaina Luzquinos(f) 6:52 - 2014



Dogwood Park Course

Meets on:

10/24 and 11/7

Rapid Runners Route – 2
laps

(7th – 8th Grade)

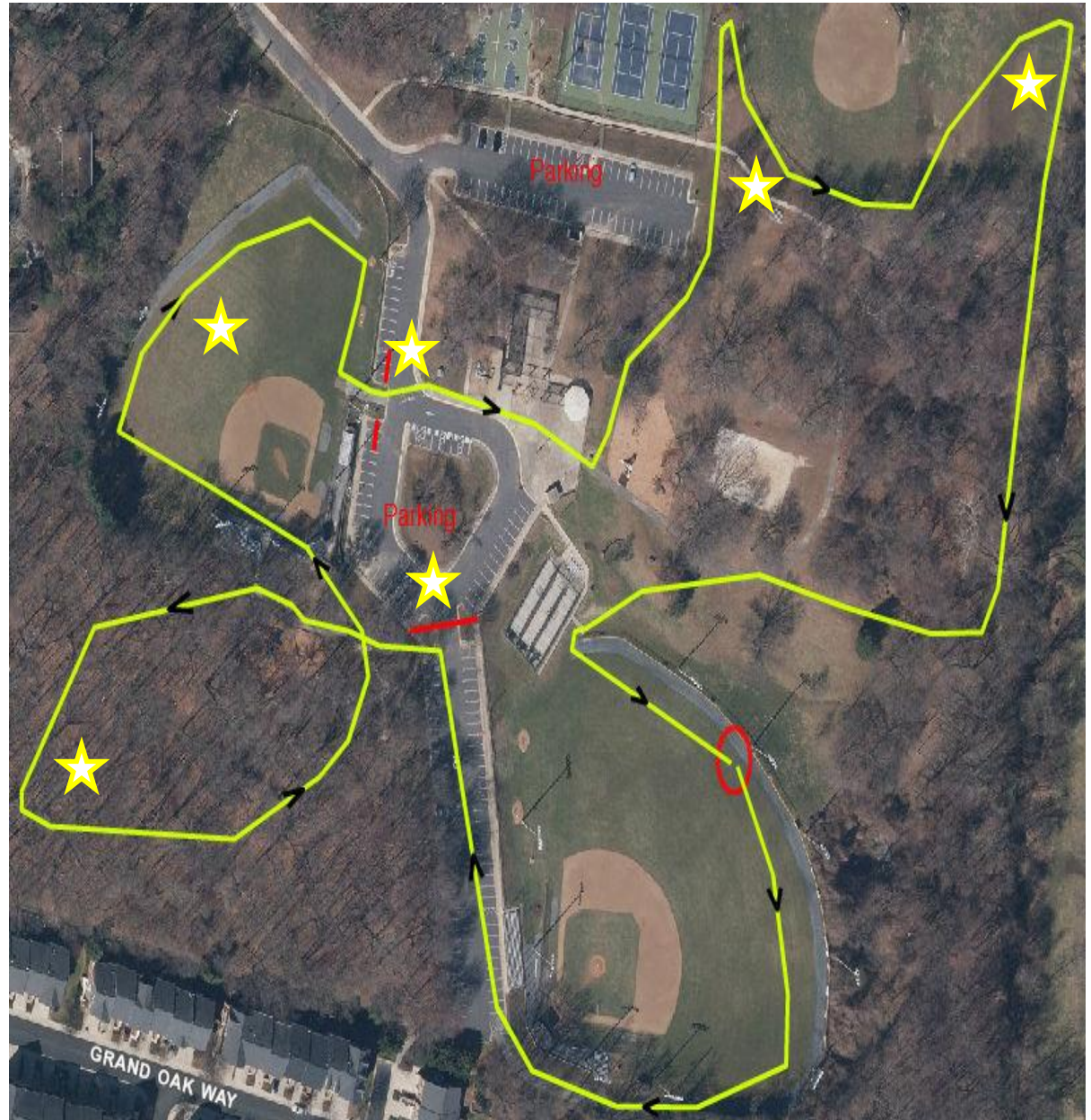
Distance: 2 miles



Record Breakers:

Matt Mangum (m) 14:32-2014

Emily May (f) 15:20 - 2013



Woodley Gardens
Route

Meets on:
10/17/2015

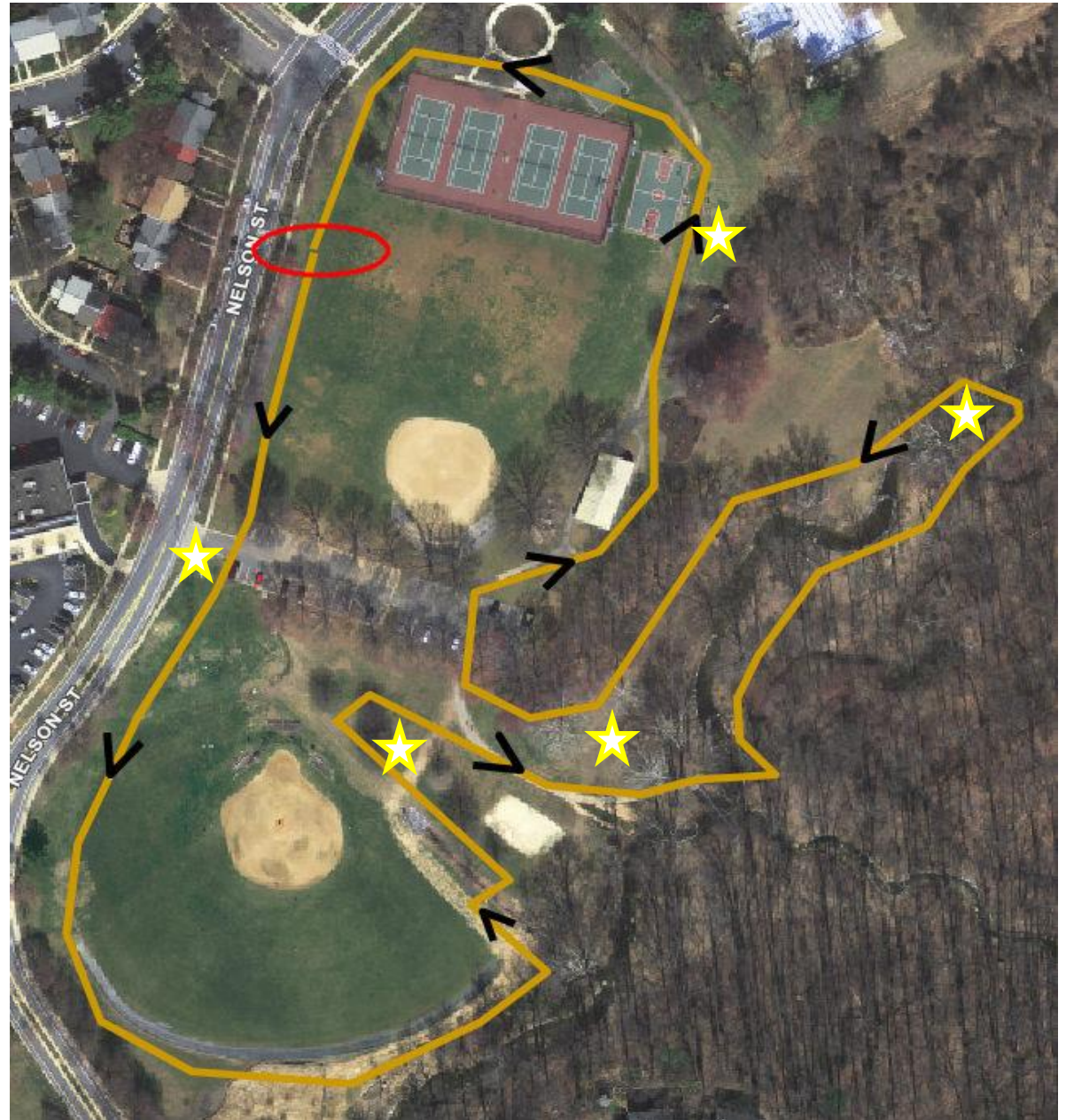
Lil' Rabbits Route
(1st - 3rd Grade)
Distance: 0.75 miles



Record Breakers:

Jason Parks (m) 5:12 – 2014

Elena Sunder (f) 6:01 - 2014



Woodley Gardens Course

Meets on:
10/17/2015

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 miles

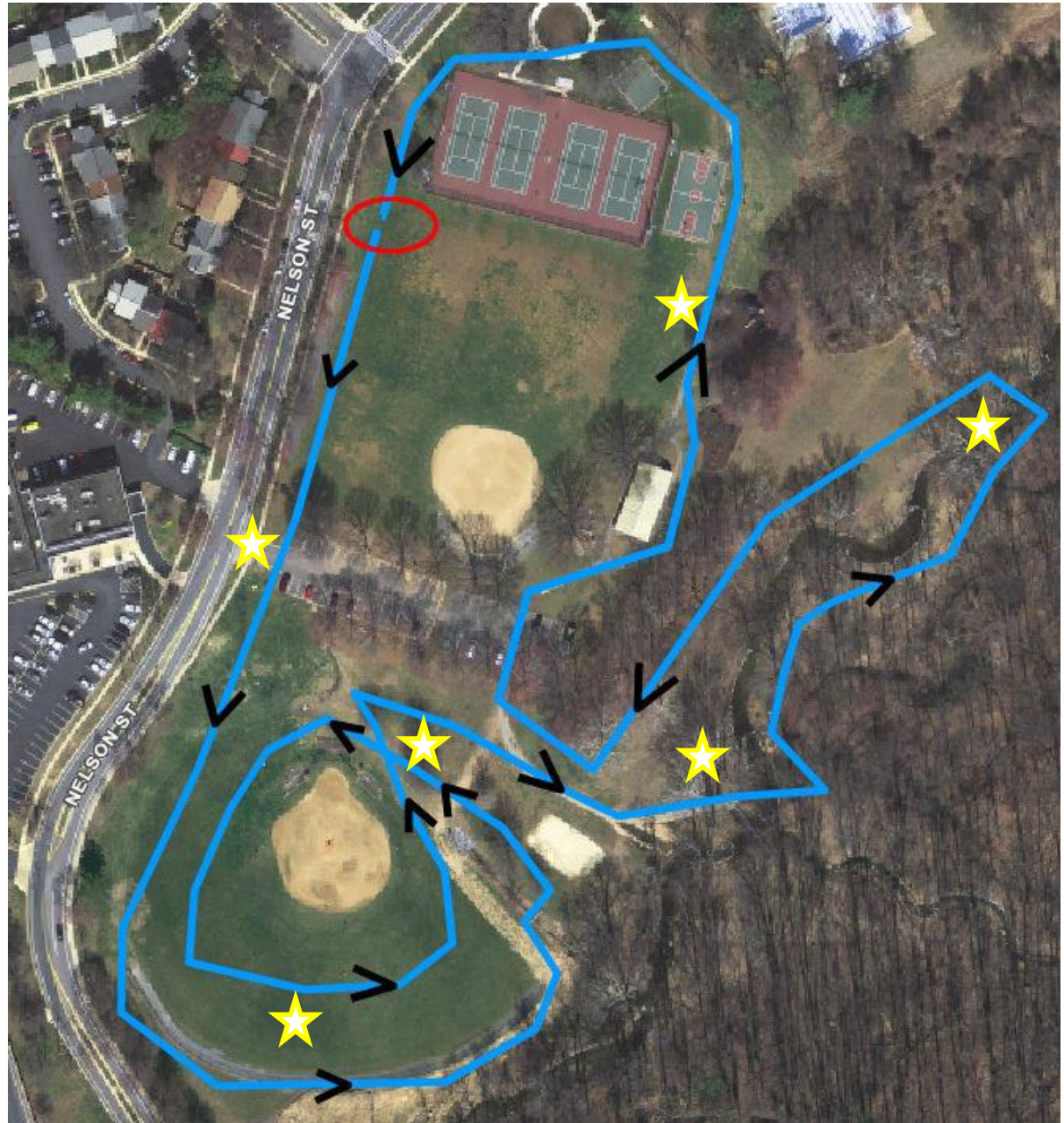


Record Breakers:

Edward Keenan (m) 6:19 – 2014
Anna Jean-Phillippe (f) 7:09 – 2014



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Woodley Gardens
Course

Meets on:
10/17/2015

Rapid Runners— 2 laps
(7th -8th Grade)
Distance: 2 miles



Record Breakers:

Julia Myers (f) 15:07 - 2014



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Montgomery County Road Runners

